Captains Test – Practical Safety

Name: ___________________________  Date: ______________

Coach Signature: ___________________  Pass: ______  Fail: ______

Scullers taking the captains test as a one-time appointment should demonstrate the skills below without looking at the list during the test. Athletes must perform all tasks successfully in order to pass.

____ Demonstrates port and starboard.
____ Signs appropriate boat in and out.
____ Carries appropriate oars down to the dock, blade first.
____ Carries boat in and out of racks without hull OR riggers touching anything.
____ Places boat in water without touching dock.
____ Places oars properly in oarlocks without stepping on tracks.
____ Checks the equipment for safe operation and loose parts.
____ Demonstrates proper entry into the boat (no shoes).
____ Moves away from the docks in the proper course pattern (downstream first).
____ Rows with control of the set, clean feathering and squaring (full strokes after warm-up).
____ Rows at least 10 strokes with square blades.
____ Maintains correct course while rowing continuously.
____ Demonstrates safe turning around and crossing the river, including choosing appropriate spots to turn.
____ Returns to the docks following the proper course pattern (rowing to the Proctor Boathouse before crossing to row downstream to the docks).
____ Lands the boat unassisted without the hull touching dock.
____ Removes oars and fastens oarlocks.
____ Performs all boat maintenance tasks (wipe hull, wipe tracks, open vents).
____ Returns boat to racks without allowing hull or riggers to touch anything.
____ Logs boat back in on time.
____ Returns oars to correct rack.